

An insight into walking

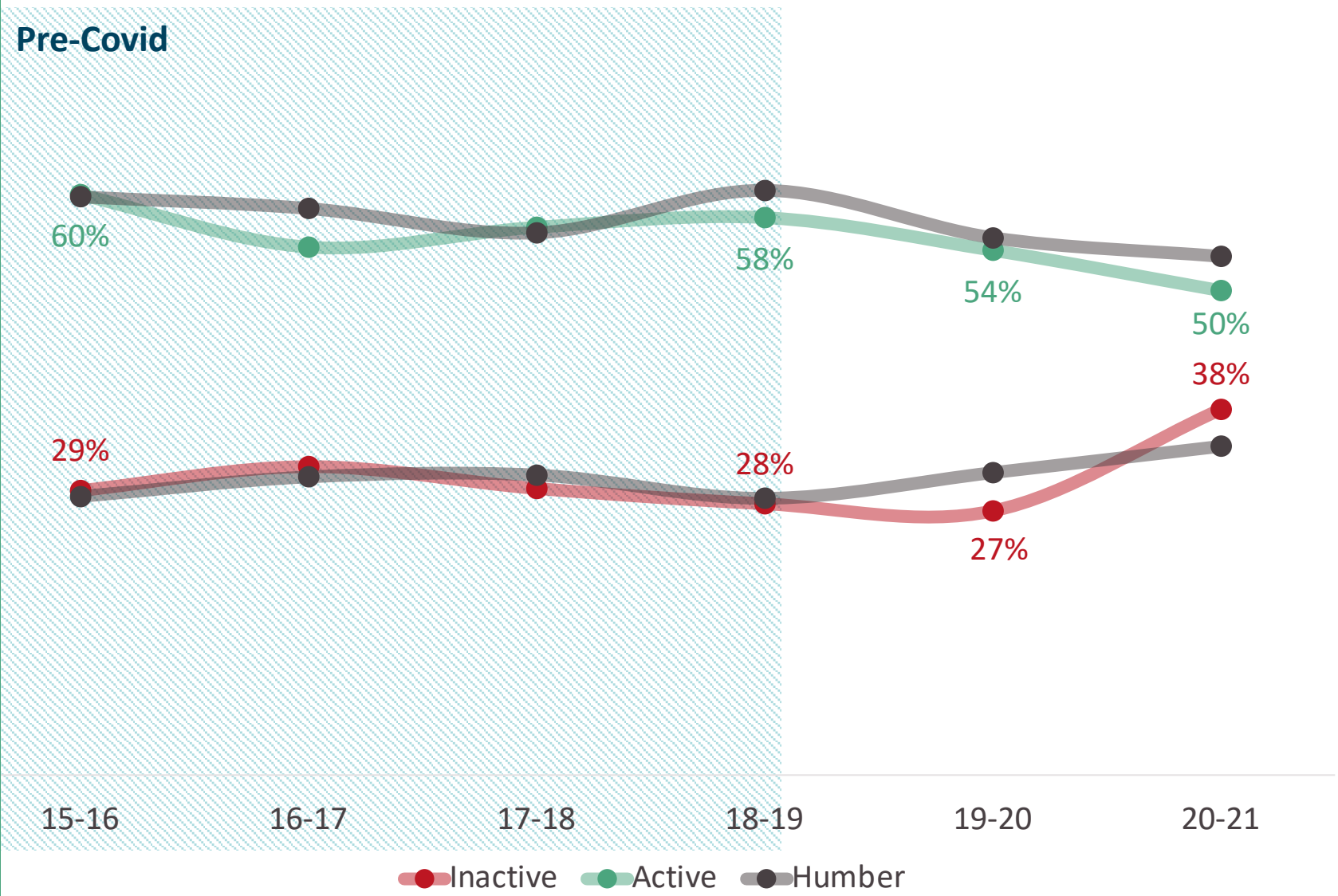
Active Lives survey 20-21



**North
Lincolnshire
Council**

www.northlincs.gov.uk

Active levels are worse than in 2015-16

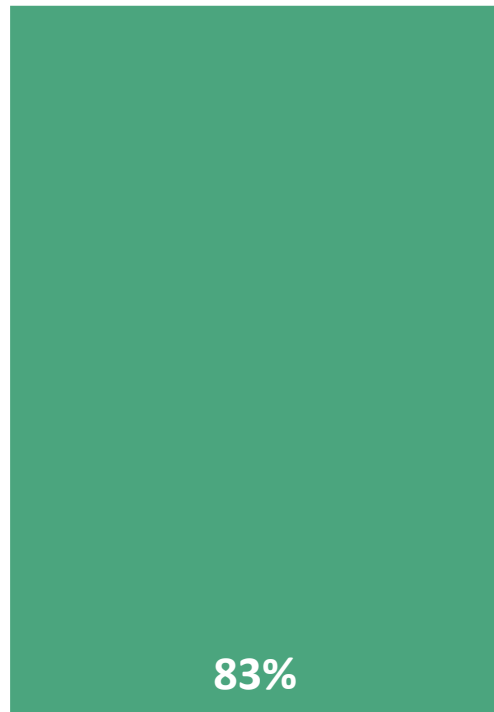


Data is for: North Lincs

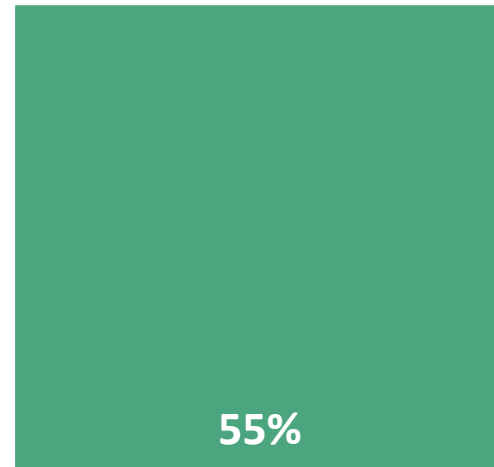
Source: Sport England, Active Lives Adult, Nov 2015-16 to 2020-21, age 16+, excluding gardening
Measure: percentage of adults (16+) doing less than 30 minutes of physical activity per week

Alternative ways of measuring walking

Any walking
In the last 12 months



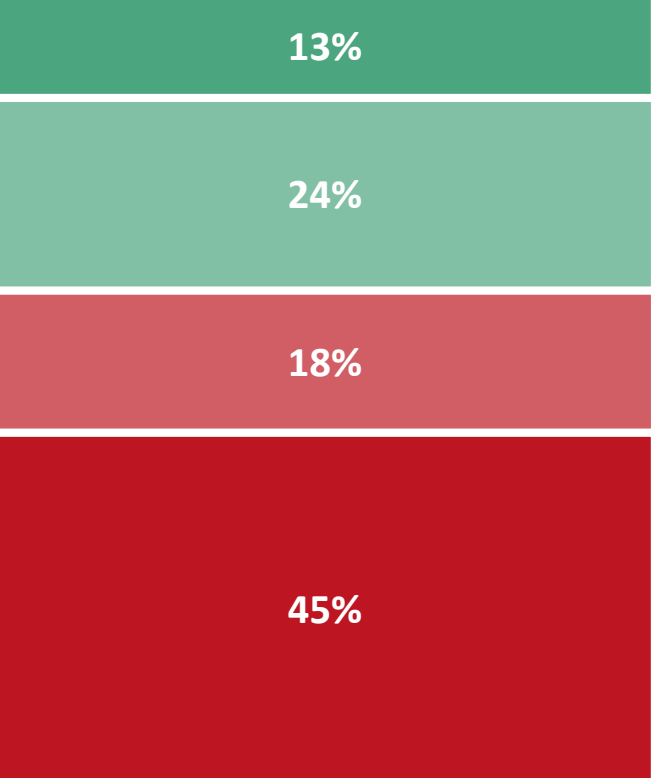
Two sessions of moderate activity for at least 10 minutes in the last 28 days



Zero sessions of moderate activity for at least 10 minutes in the last 28 days



How we measure walking

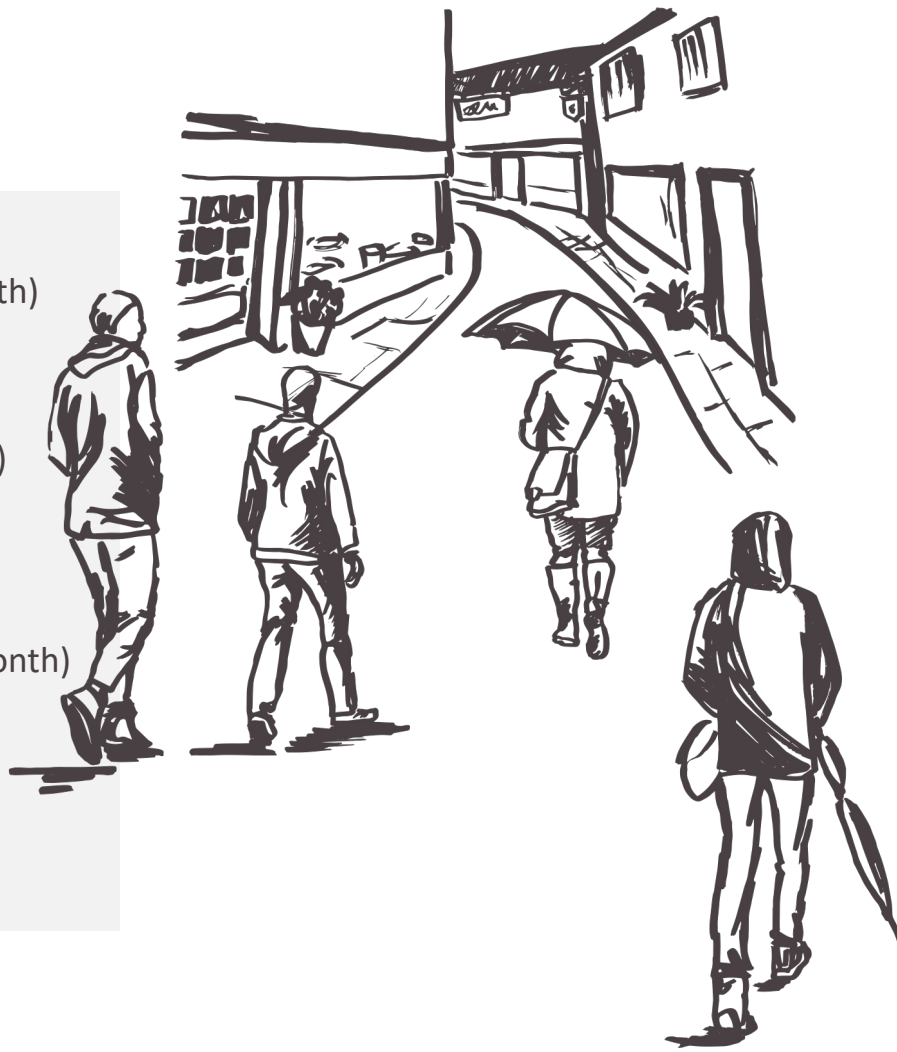


Walking regularly
7 or more sessions per week (28 sessions per month)

Walking fairly regularly
Between 2 and 6 sessions per week (8-27 sessions)

Walking less regularly
Less than 2 sessions per week (1-7 sessions per month)

Not walking
0 sessions of **10+ minutes** per month



Data is for: North Lincs

Source: Sport England, Active Lives Adult, Nov 2015-16 to 2020-21, age 16+
Measure: Number of sessions walking per week

Those that **don't walk** are much more likely to be inactive

87%
of those
that don't
walk are
inactive

Not walking

6%

Walking less
regularly

5%

Walking fairly
regularly

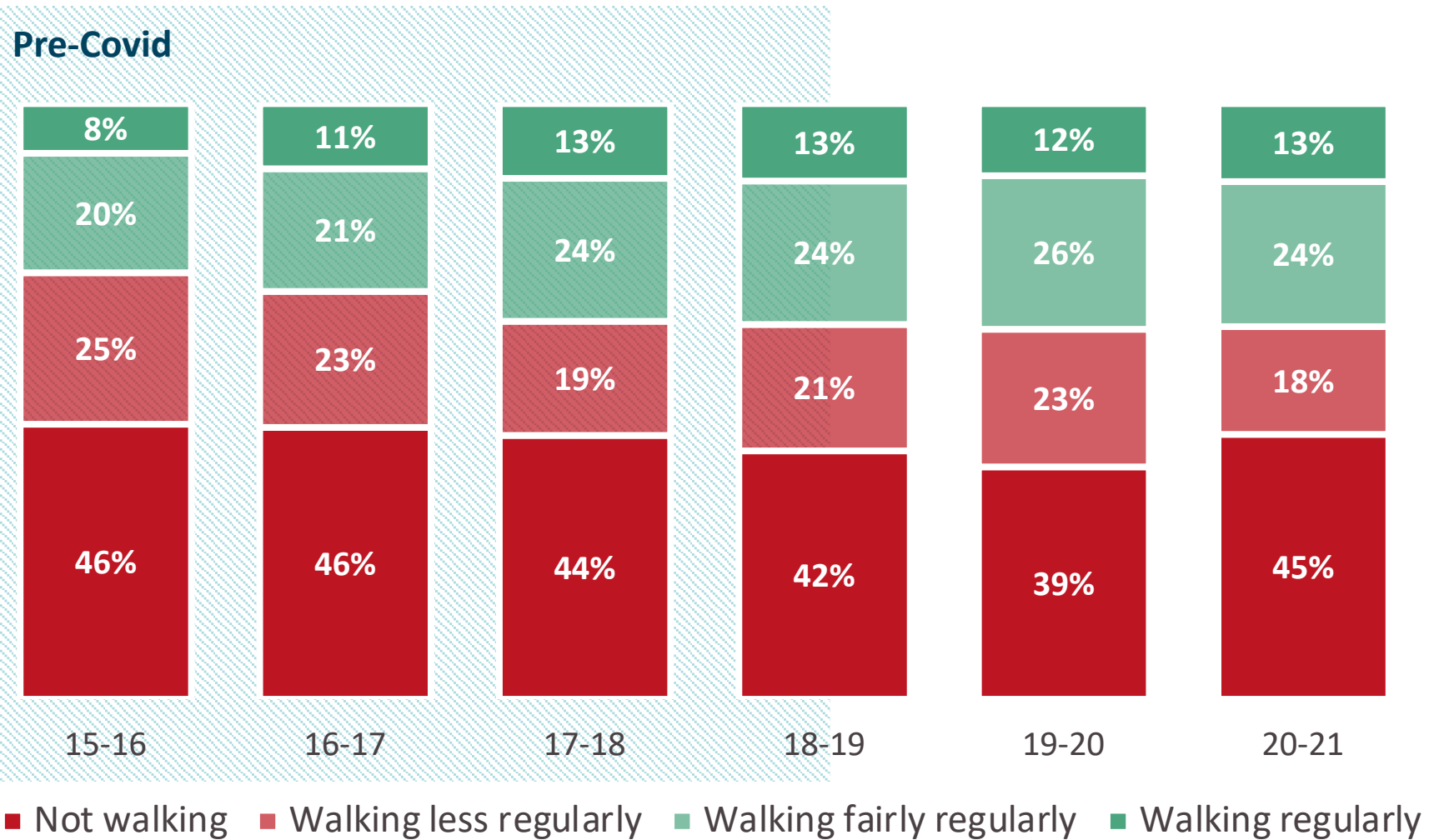
3%

Walking regularly

Data is for: North Lincs

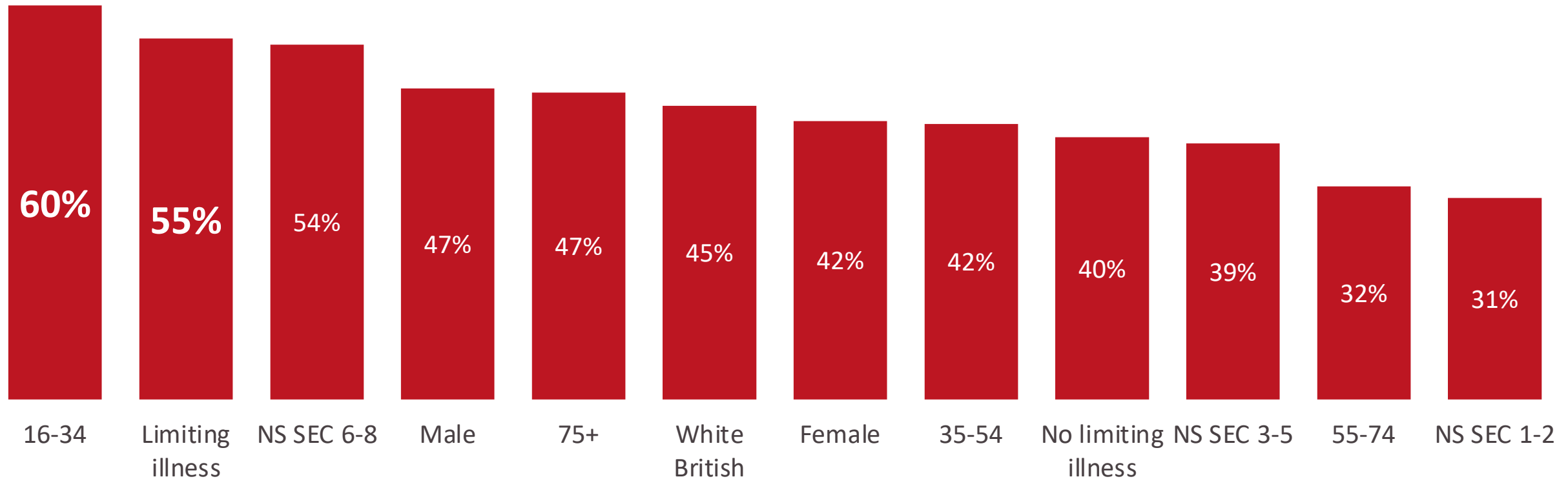
Source: Sport England, Active Lives Adult, Nov 2015-16 to 2020-21, age 16+, excluding gardening
Measure: percentage of adults (16+) doing less than 30 minutes of physical activity per week

The proportion of those **not walking** remains high

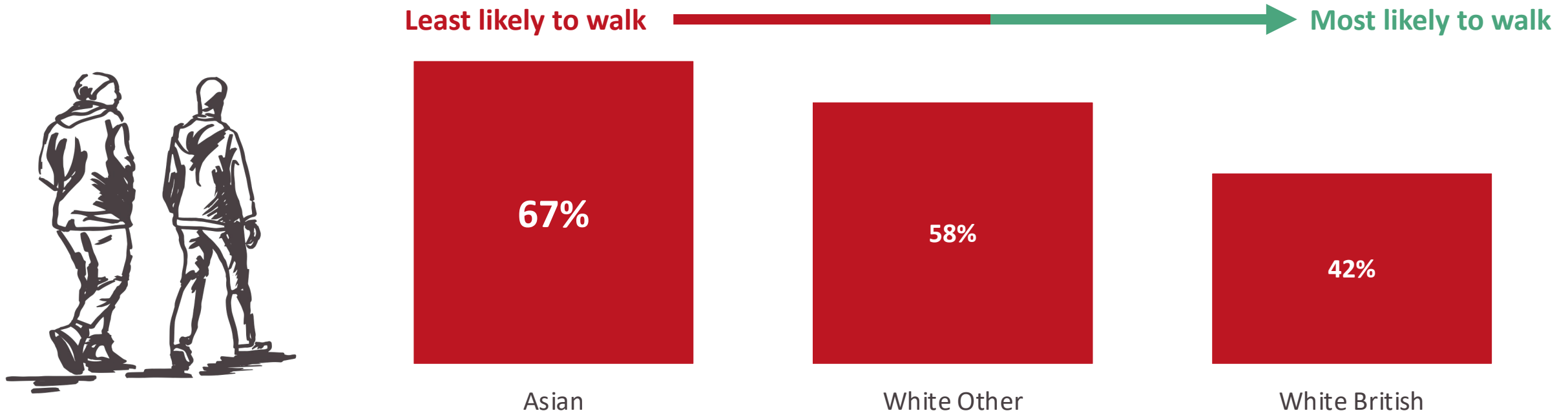


Adults with a limiting illness or aged 16-34 are least likely to walk

Least likely to walk  Most likely to walk

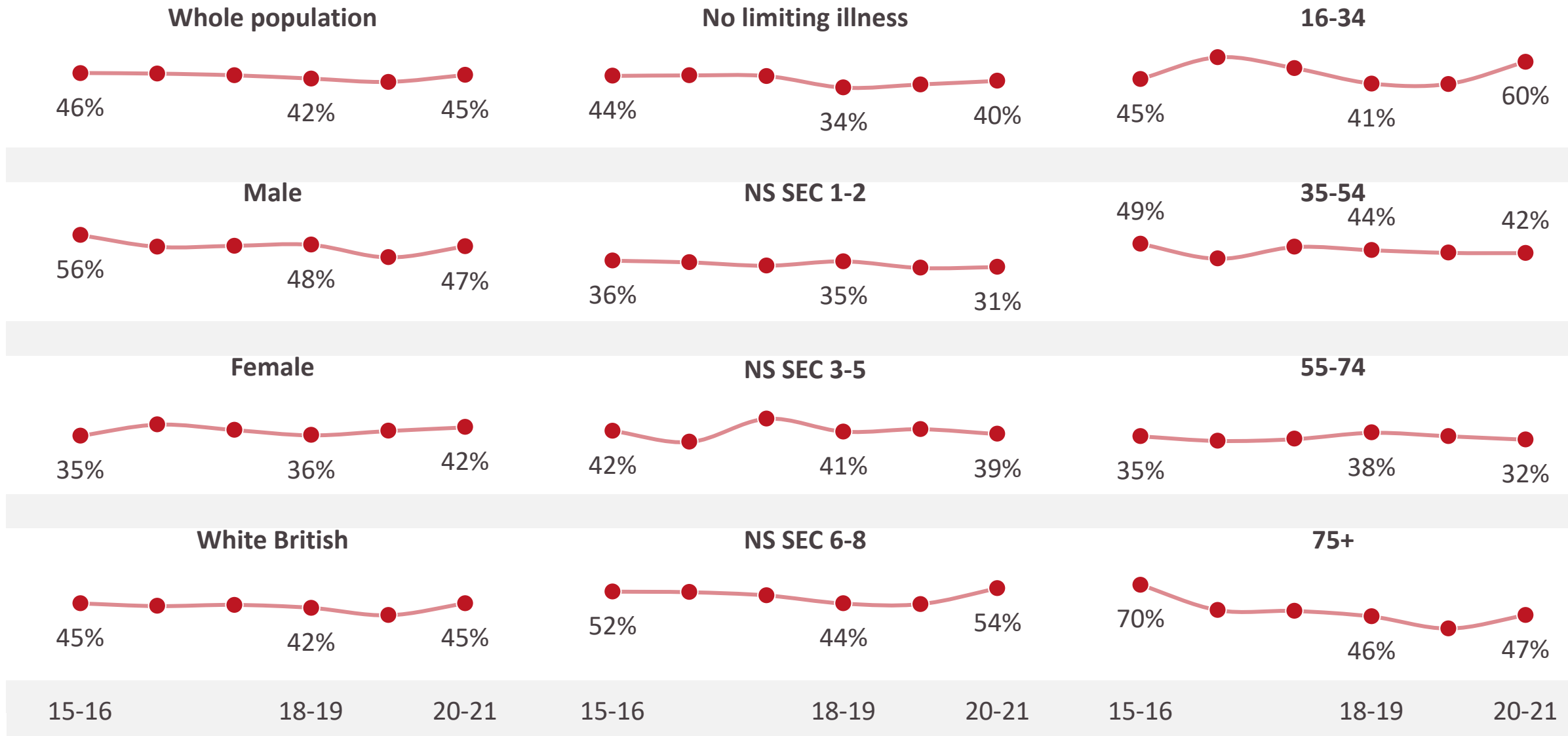


By ethnic group, our Asian communities are least likely to walk

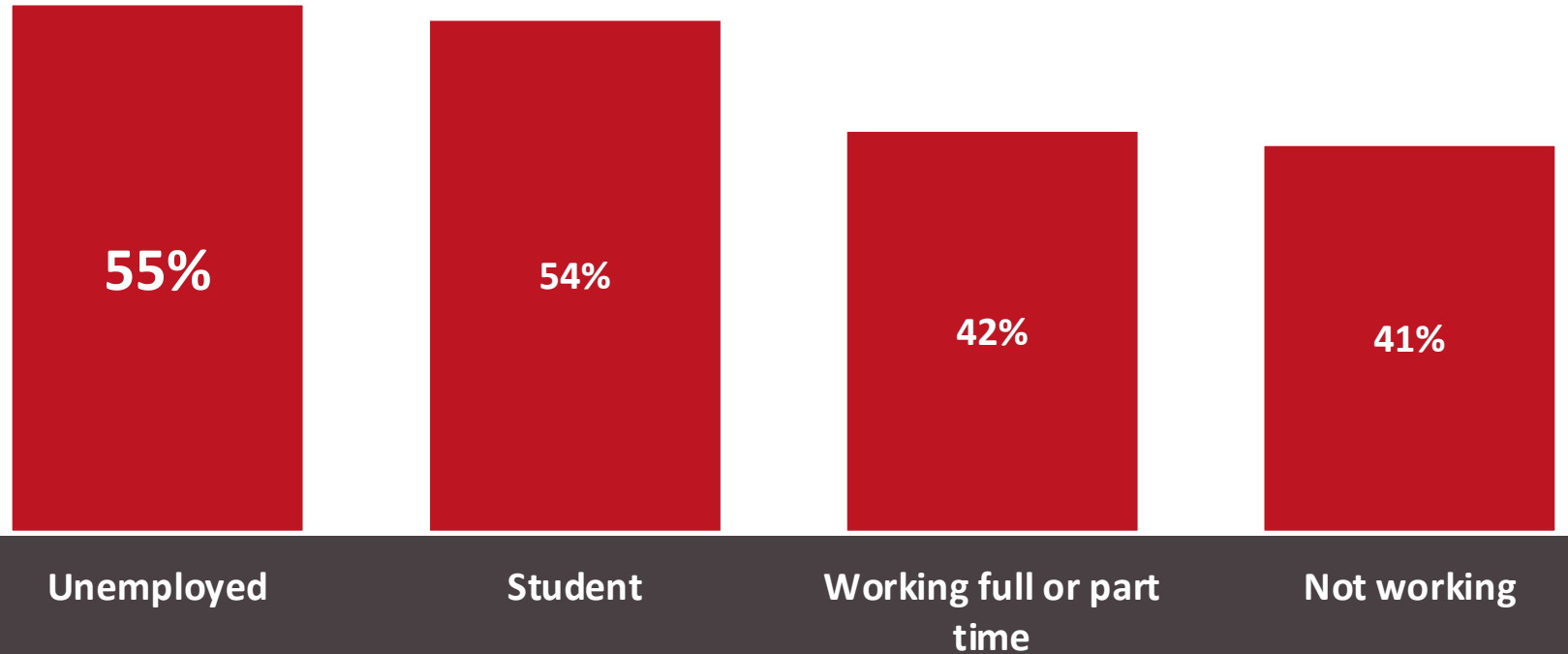


Walking rates are worse within young adults (16-34)

Not walking – 0 sessions per week

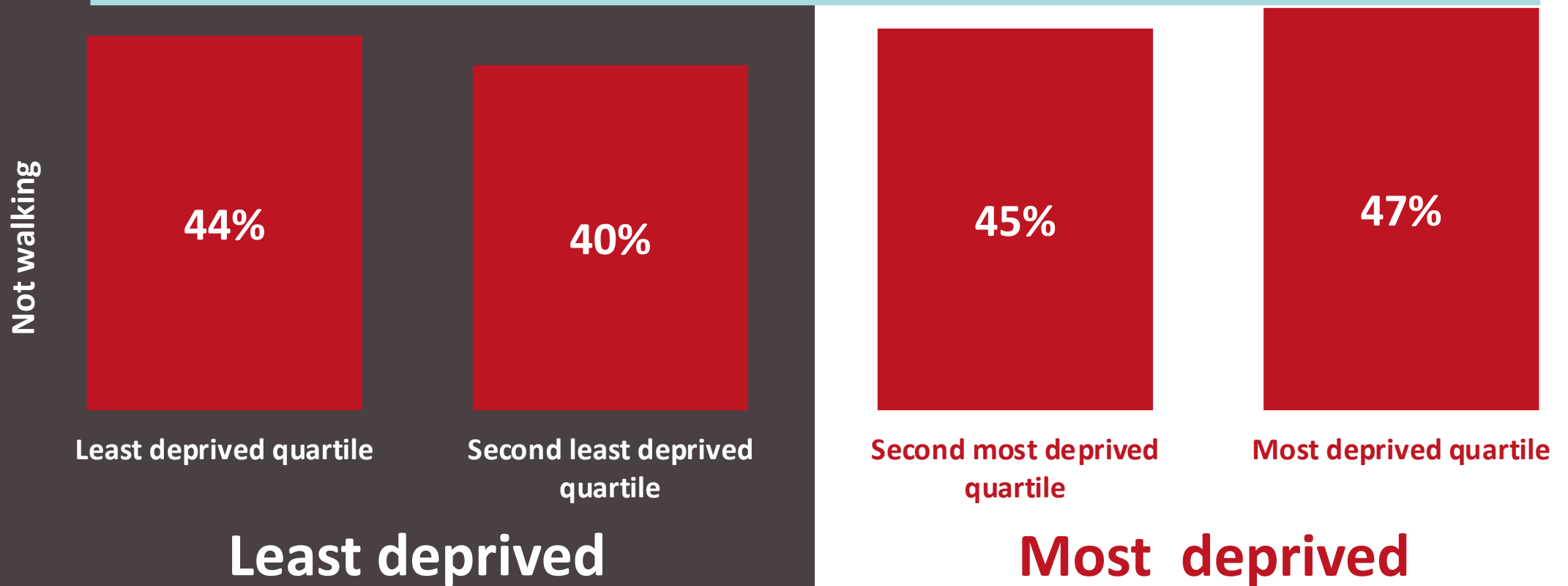


Unemployed adults and students are less likely to walk



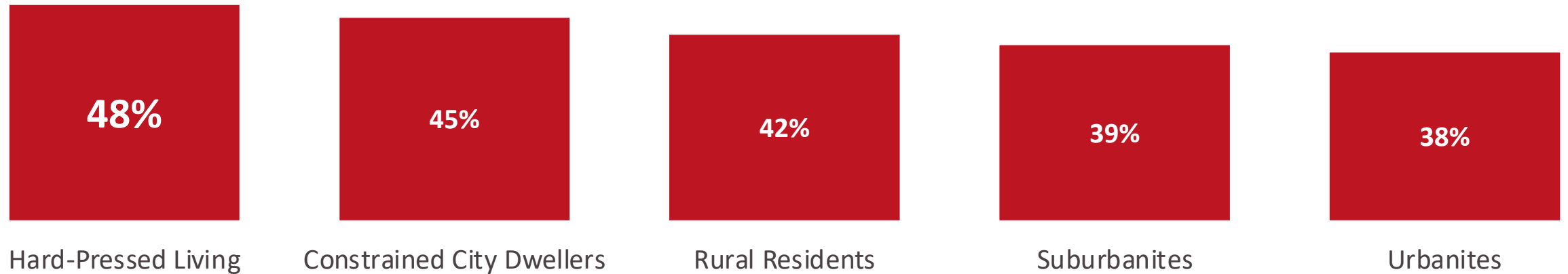


Adults in more deprived areas are less likely to walk

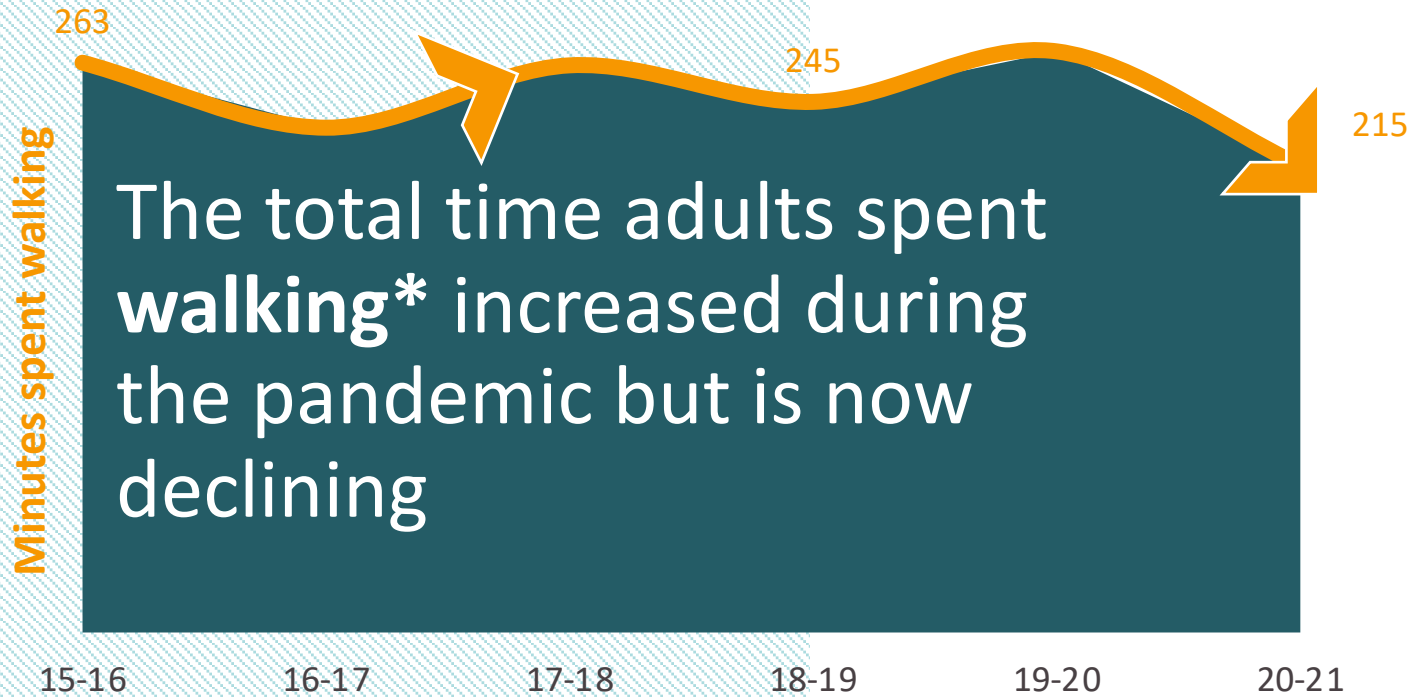


Adults living in hard-pressed communities are least likely to walk

Least likely to walk  Most likely to walk



Pre-Covid

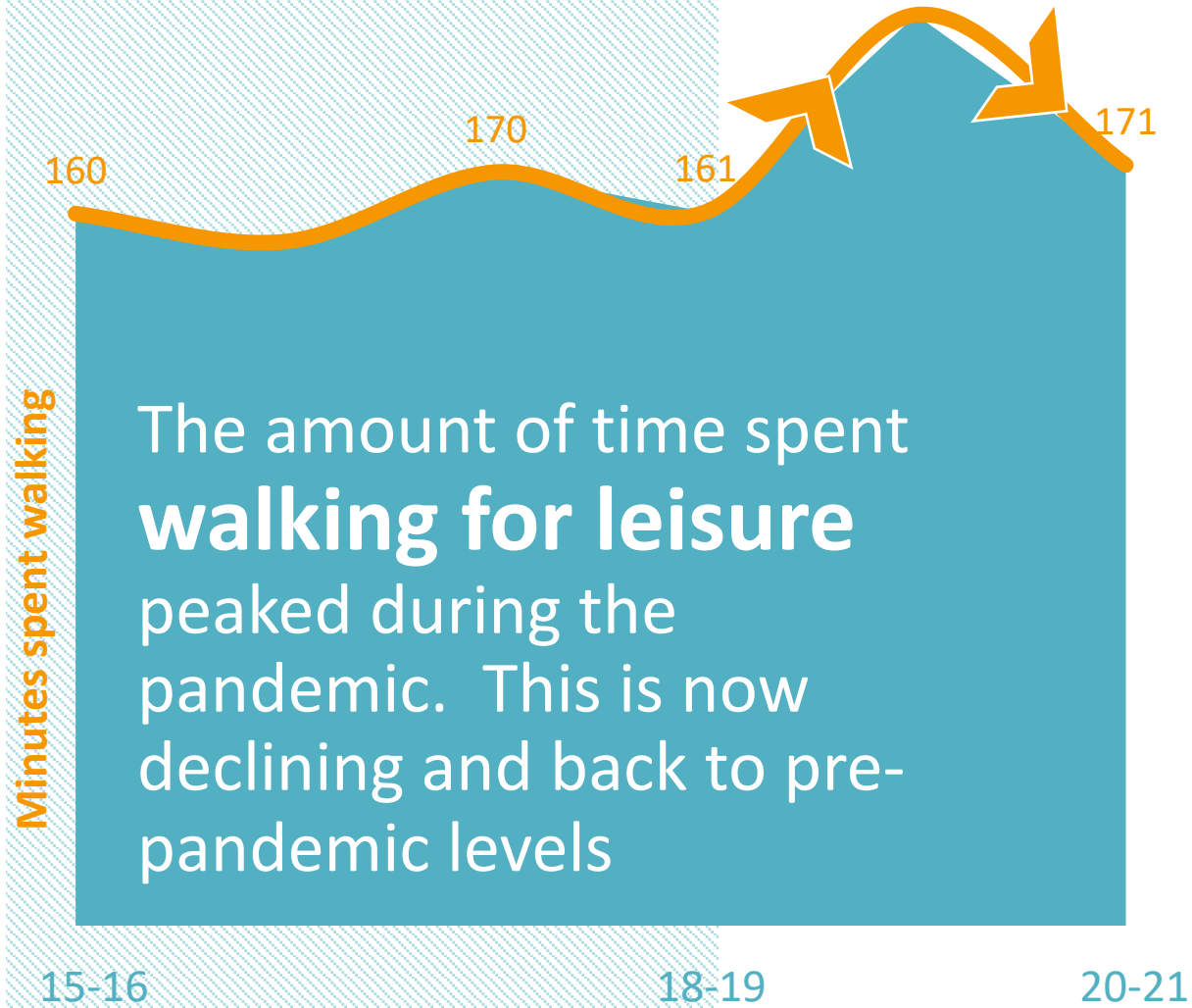


*All walking

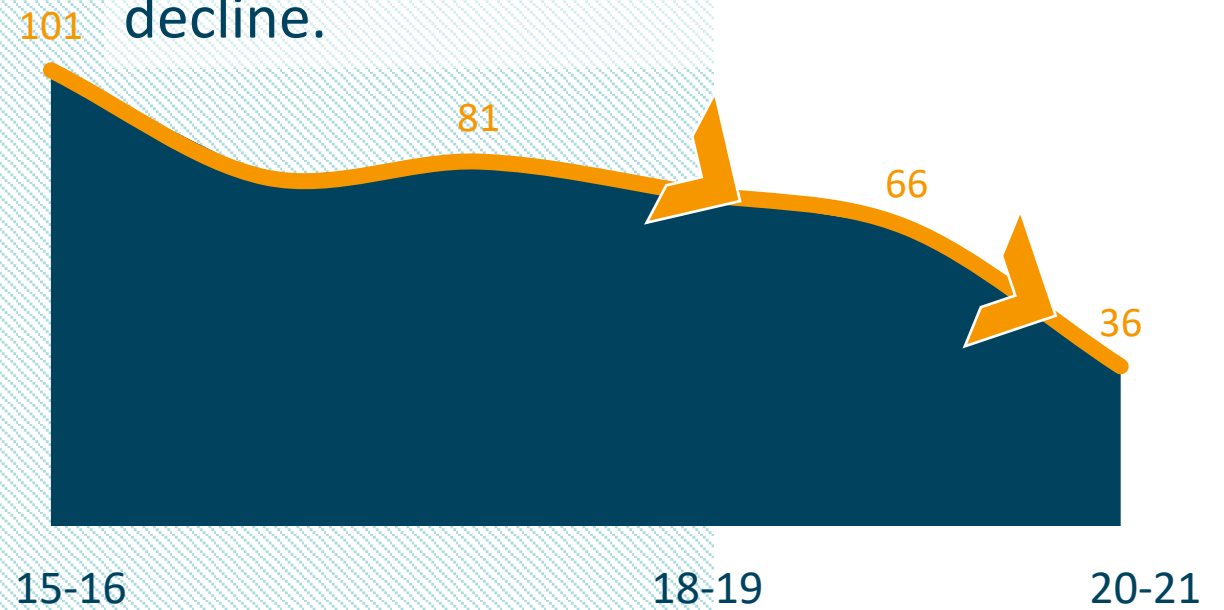
All walking includes walking for travel and walking for leisure



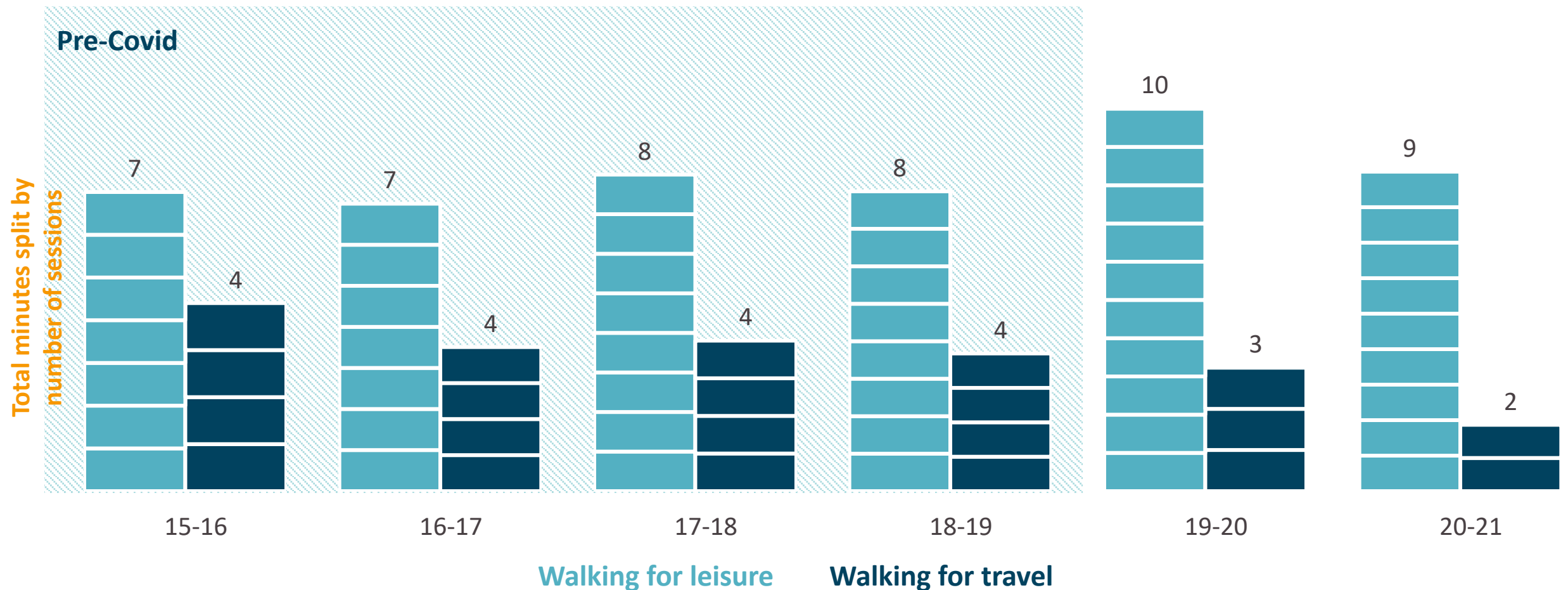
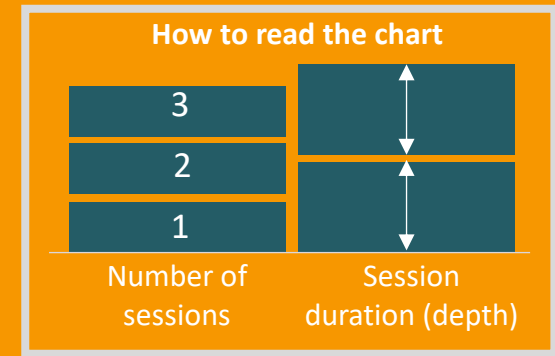
Pre-Covid



The pandemic negatively affected the amount of time people spent **walking for travel**. It is now at an all time low and continuing to decline.



We can see walking habits have changed when we split walking into walking for leisure and walking for travel



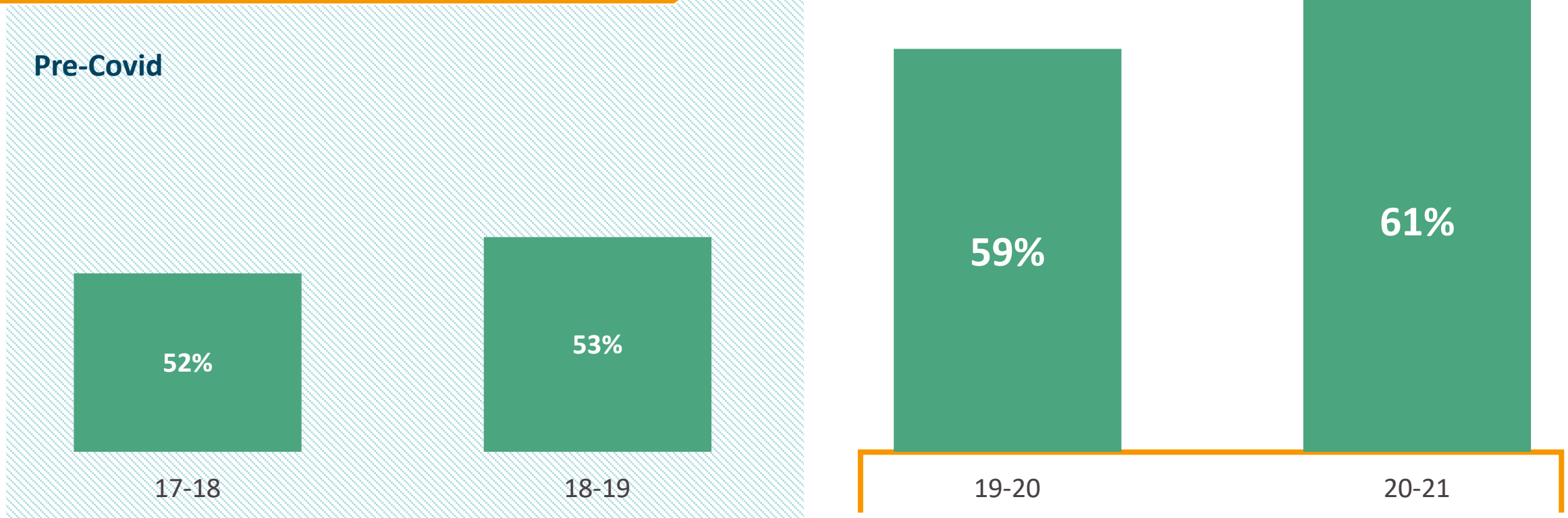
Data is for: North Lincs

Source: Sport England, Active Lives Adult, Nov 2015-16 to 2020-21, age 16+
Measure: Average number of minutes and sessions walking for leisure or travel per week

Children and young people



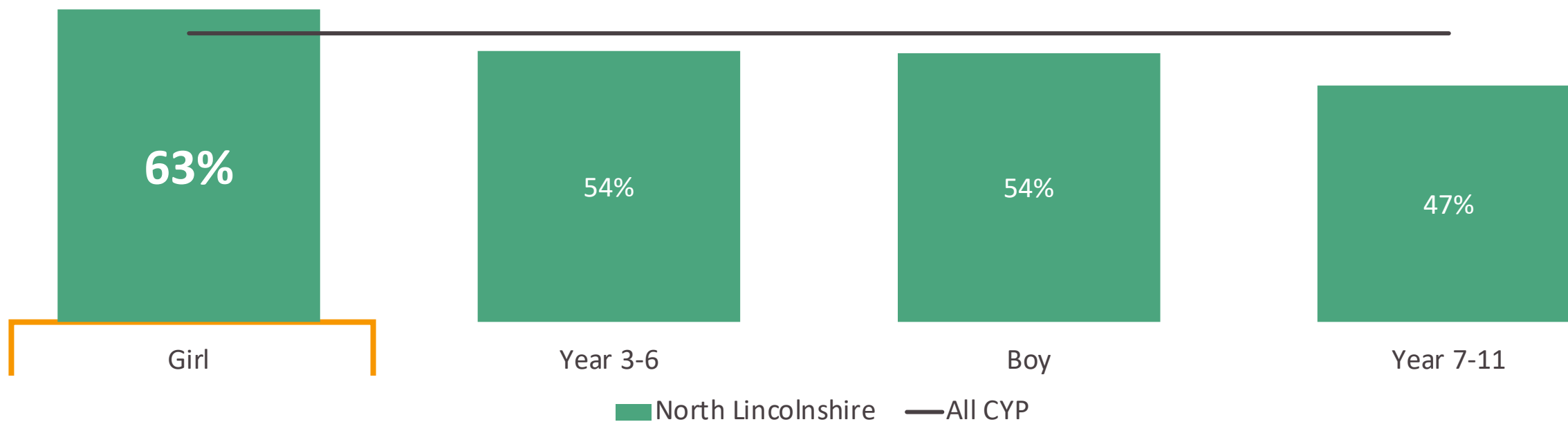
Walking rates improved for all 5-16 year olds, despite the pandemic



Once a week walking participation for children and young people (Years 1-11)

Girls have the highest walking rates (when the data is combined)

Secondary school age children (years 7-11) are the lowest



Once a week walking participation for children and young people (Years 1-11)